

Target-Mins® are made with specific free-form amino acids and uses a calcium: phosphorus and calcium: magnesium ratio of 2:1 to support calcium utilization.* Supports body availability of calcium.*

Adequate calcium and Vitamin D as part of a healthful diet, along with exercise, may reduce the risk of osteoporosis later in life.

* These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

YES CERTIFIED GLUTEN-FREE BY GFCO.ORG

YES CERTIFIED VEGAN BY THE AVA

YES RECYCLABLE PACKAGING

YES MANUFACTURING SUPPORTS
WIND POWER

YES KOSHER

NO WHEAT

NO SOY OR MILK

NO SALT OR SUGAR

NO PRESERVATIVES

NO ARTIFICIAL COLORS, FLAVORS
OR SWEETENERS

NO MAGNESIUM STEARATE

This product has been manufactured at a GMP Registered facility.

Δ Per serving

Lot No:

Best by:



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ESTABLISHED
— 1971 —
**Country®
Life**

• TARGET-MINS® •

CALCIUM MAGNESIUM

with Vitamin D Complex

1000 mg : 500 mg : 400 I.U. Vitamin D Δ

Certified Gluten-Free

► **Formulated to maximize
calcium absorption***

**Dietary
Supplement** | **360** **Vegan
Capsules**

— *Our* **PLEDGE of INTEGRITY** —
AUTHENTICITY • CLEANLINESS • FRESHNESS
CONSISTENCY • ACCURACY

Directions: Adults take four (4) capsules daily. For best utilization, take with food. Do not exceed recommended dose. As a reminder, discuss the supplements and medications that you take with your health care providers.

Supplement Facts

Serving Size 4 capsules

Servings Per Container 90

Amount Per Serving	% Daily Value	
Vitamin D (as ergocalciferol)	400 I.U.	100%
Calcium (as calcium hydroxyapatite, calcium citrate, calcium aspartate, calcium <i>alpha</i> -ketoglutarate, calcium lysinate)†	1,000 mg	100%
Phosphorus (as calcium hydroxyapatite)†	500 mg	50%
Magnesium (as magnesium oxide, aspartate, citrate, taurinate, <i>alpha</i> -ketoglutarate)†	500 mg	125%

Other Ingredients: Cellulose (capsule shell), cellulose, rice bran extract, vegetable glaze, sunflower oil, silica.

† Country Life always labels minerals in elemental weight.

CAUTION: If you are pregnant or nursing, taking medication or planning a surgery, consult your doctor before using this product. If any adverse reactions occur, stop taking the product and consult your doctor.

**Do not accept if seal is broken. Store between 59°-86° F.
Keep out of the reach of children.**

Manufactured by Country Life, LLC
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CountryLifeVitamins.com
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